

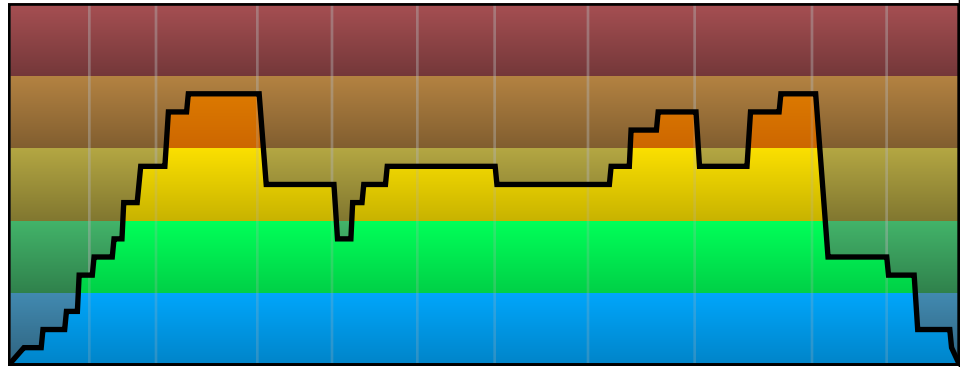
Ride 35

Original Author: Lean Lena

Class Time: 44:57

Points: 134

	Z1	Z2	Z3	Z4	Z5
(points)	6	15	65	48	0
(minutes)	5.5	7.3	21.6	11.8	0.0
(time %)	11%	15%	46%	25%	0%



Conditioning

1. (3:52)

Larger Than Life - Backstreet Boys



Warmup

0:45: Up

Zone: L1 Cadence: 80-110 rpm RPE: 1

1:34: Up

Zone: 1 Cadence: 80-110 rpm RPE: 2

2:40: Up

Zone: H1 Cadence: 80-110 rpm RPE: 3

3:16: Down faster

Zone: L2 Cadence: 80-110 rpm RPE: 3

2. (3:06)

I Love Rock 'N' Roll - Britney Spears



Muscular Endurance

0:06: Add resistance

Zone: 2 Cadence: 60-80 rpm RPE: 4

0:46: Up

Zone: 2 Cadence: 60-80 rpm RPE: 4

1:02: Add

Zone: H2 Cadence: 60-80 rpm RPE: 5

1:30: Up

Zone: L3 Cadence: 60-80 rpm RPE: 5

1:42: Add

Zone: L3 Cadence: 60-80 rpm RPE: 5

2:13: Up

Zone: H3 Cadence: 60-80 rpm RPE: 5

3. (4:46)

Desert Rose - Sting



Muscular Endurance



Climbing

0:25: Seated climb

Zone: 4 Cadence: 60-75 rpm RPE: 7

1:26: Add and up

Zone: H4 Cadence: 60-70 rpm RPE: 8

2:37: Back down

Zone: H4 Cadence: 60-70 rpm RPE: 8

3:09: Up to attack

Zone: H4 Cadence: 60-70 rpm RPE: 8

4:05: Back down

Zone: H4 Cadence: 60-70 rpm RPE: 8

4. (3:35)

Summer Of '69 - Bryan Adams



Active Recovery

0:06: Back to flat

Zone: 3 Cadence: 80-110 rpm RPE: 3

1:10: Faster

Zone: 3 Cadence: 80-110 rpm RPE: 4

1:41: Faster 2

Zone: 3 Cadence: 80-110 rpm RPE: 5

2:09: Up

Zone: 3 Cadence: 80-110 rpm RPE: 6

2:23: Down and faster till the end

Zone: 3 Cadence: 80-110 rpm RPE: 6

5. (3:56)

Freedom - Anthony Hamilton & Elayna Boynton



Muscular Endurance



Climbing

0:02: Add moderate resistance

Zone: H2 Cadence: 60-80 rpm RPE: 4

0:50: Up to attack HP3

Zone: L3 Cadence: 60-80 rpm RPE: 6

1:21: Down and add

Zone: 3 Cadence: 60-80 rpm RPE: 6

1:57: Up to attack HP3

Zone: 3 Cadence: 60-80 rpm RPE: 7

2:28: Down and add

Zone: H3 Cadence: 60-80 rpm RPE: 7

3:16: Up to attack HP3

Zone: H3 Cadence: 60-80 rpm RPE: 7

6. (3:40)

Right Here Waiting (Dance Mix) - DJ Skillmaster



Intervals

0:02: Keep the resistance

Zone: H3 Cadence: 60-80 rpm RPE: 4

1:06: Give me 15

Zone: H3 Cadence: 60-80 rpm RPE: 6

2:12: Give me 15

Zone: H3 Cadence: 60-80 rpm RPE: 6

2:55: Give me 15

Zone: H3 Cadence: 60-80 rpm RPE: 6

3:08: Give me 10

Zone: H3 Cadence: 60-80 rpm RPE: 6

7. (4:27)

That Don't Impress Me Much - Shania Twain - (83 bpm)



Active Recovery

0:02: Back to flat

Zone: 3 Cadence: 80-110 rpm RPE: 5

1:24: Pick up pace

Zone: 3 Cadence: 80-110 rpm RPE: 6

2:10: Faster

Zone: 3 Cadence: 80-110 rpm RPE: 6

2:54: Faster

Zone: 3 Cadence: 80-110 rpm RPE: 6

3:29: Pick up pace

Zone: 3 Cadence: 80-110 rpm RPE: 6

8. (5:02)

It's a Long Way to the Top (If You Wanna Rock 'N' Roll) -



Muscular Endurance



Climbing

0:55: Add

Zone: 3 Cadence: 65-80 rpm RPE: 5

0:58: Up

Zone: H3 Cadence: 60-80 rpm RPE: 6

1:55: Add

Zone: L4 Cadence: 60-80 rpm RPE: 7

2:37: Up

Zone: L4 Cadence: 60-80 rpm RPE: 7

3:11: Down and +5

Zone: 4 Cadence: 60-80 rpm RPE: 8

3:39: Add

Zone: 4 Cadence: 60-80 rpm RPE: 8

4:26: Up

Zone: 4 Cadence: 60-80 rpm RPE: 8

9. (5:31)

Enter Sandman - Metallica



Muscular Endurance



Climbing

0:01: Add to steep hill

Zone: H3 Cadence: 60-70 rpm RPE: 6

1:34: Attack 1

Zone: H3 Cadence: 60-70 rpm RPE: 6

2:26: Attack 2

Zone: 4 Cadence: 60-70 rpm RPE: 6

3:57: Attack 3

Zone: H4 Cadence: 60-70 rpm RPE: 7

10. Race To Finish (3:28)

Heartbreaker (2005 Remaster) - Pat Benatar



Active Recovery

0:09: Recover

Zone: 2 Cadence: 80-110 rpm RPE: 3

1:23: +5

Zone: 2 Cadence: 60-80 rpm RPE: 3

2:13: +5

Zone: 2 Cadence: 80-110 rpm RPE: 3

3:03: +5

Zone: 2 Cadence: 80-110 rpm RPE: 3

11. (3:29)

Native New Yorker (Radio Edit) - Odyssey



Cooldown

0:02: Start cool down

Zone: L2 Cadence: 80-80 rpm RPE: 4

1:19: Start slowing down

Zone: 1 Cadence: 75-75 rpm RPE: 3

3:00: Get off bike to stretch

Zone: L1 RPE: 1
